



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

April 1, 2022

DIVISION MEMORANDUM
No. 119 s. 2022

RECHARGING POSITIVITY: A MENTAL WELLNESS WEBINAR

To: Public Schools District Supervisors
All Public Elementary and Secondary School Heads
All Girl Scout of the Philippines (GSP) Coordinators and Troop Leaders
This Division

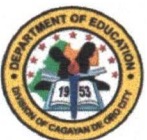
1. Relative to the RHQ Circular No. 6 S. of 2022 issued by Girl Scouts of the Philippines Eastern Mindanao Region Council, the field is informed of the upcoming Mental Wellness Webinar entitled "Recharging Positivity" on April 9, 2022, 7:00-9:00 PM vial Zoom.
2. The circular containing the details on the registration is attached.
3. In adherence to Equal Opportunity Principle (EOP), inclusive and fair treatment are accorded to all participants regardless of disability, sexual orientation, gender, age, religion, and ethnicity.
4. Wide and immediate dissemination of this memorandum is desired.

CHERRY MAE L. LIMBACO-REYES
Schools Division Superintendent

For the Schools Division Superintendent:

ROSALIO R. VITORILLO
Chief Education Supervisor – SGOD
Officer – in – Charge
Office of the Schools Division Superintendent

Ref: None
Enclosure: RHQ Circular No. 6 S 2022 (GSP)
To be included in the Perpetual Index
Under the ff subjects:
GSP
ecc/rhf/rfv



Address: Fr. William F. Masterson Avenue, Upper Balulang, Cagayan de Oro City
Telephone: (08822) – 8550048



RHQ Circular No. 6
Series of 2022

TO : COUNCIL EXECUTIVES
FROM : REGIONAL EXECUTIVE DIRECTOR
RE : RECHARGING POSITIVITY: A MENTAL WELLNESS WEBINAR
DATE : MARCH 25, 2022

The two-year crisis gave huge impact in our lives. It brought uncertainty, fear, financial difficulties, separation from loved ones and even serious illness and death. As we are now hopeful that we are nearing the end of the battle, it is imperative to start rebuilding what the pandemic has taken from us.

GSP National Headquarters had already given the webinar with limited slots to councils, hence, a nationwide offer was suggested, with the same resource speaker.

Please take note of the webinar details:

What : **"Recharging Positivity"**: A Mental Wellness Webinar
Resource Speaker : Dr. Febe Marl G. Paat, Ph.D., RGC, RPsy, RPm, LPT
When & Where : April 9, 2022; 7:00 – 9:00 pm via Zoom Meeting
Participants : Open to all Registered Adults and Staff
Registration Fee : PhP100.00
Council Allocation : 35 participants per Council

Also, 6 slots will be given for EMR DigiTrainers namely:

Ms. Laura Y. Elmido	Ms. Hannah S. Caputolan
Ms. Ms. Pebble Pumikpik	Ms. Cecile Agnes T. Surmillon
Ms. Donna A. Sollano	Ms. Arlyn Lea Luisita M. Cabatino

Payment can be made via EMR Official Gcash.

Name : Janet Dela Cruz
GCash Number : 09758645575
(Note: When sending payment, please indicate in the message that it is "Payment for Mental Wellness Webinar" and COUNCIL)

Please access the link for registration and attach proof of payment.

Registration Form Link: <https://tinyurl.com/MentalWellnessWebinar2022>

Should you have some queries, feel free to communicate with us.

For proper guidance and implementation.

God bless everyone and continue to be safe!

MALLET T. AROBO

Regional Executive Director